

# Carlisle Connection

February 2014

Serving  
Carlisle's 60+  
Community



COA Official Town website: [www.carlislema.gov](http://www.carlislema.gov)  
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66 Westford Street Carlisle, MA 01741

**Message from the Director** - Are you taking advantage of every opportunity you can to lower your taxes? It was mentioned here last month, but through this note from the Executive Office of Elder Affairs it bears repeating: If you're an age 65+ Massachusetts property owner (even some renters qualify) and you meet certain eligibility rules, *the so called Circuit Breaker Massachusetts tax credit* may be yours for the taking. According to the MA Department of Revenue, some 957,000 residents 65 and older in the state are eligible to receive the tax credit, which carried an average refund in 2012 of \$774. Eligible taxpayers can even file for the credit up to three years retroactively; **read this month's AARP Bulletin story today** and learn more about this valuable tax reduction tool (or Go to <http://states.aarp.org/ma-tax/>). Need help with your tax returns? To find a tax preparation site near you, visit **AARP Foundation Tax-Aide** or call toll-free **1-888-227-7669**. There are sites at the Sr. Centers in Chelmsford & Bedford (reservations required, so call for an appointment as soon as possible). Warm Regards, *David Klein, COA Director*

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## Choices:

Wife: Do you want dinner?  
Husband: Sure! What are my choices?  
Wife: Yes and No.

## Art Matters presentations: The Italian Renaissance, Da Vinci & Picasso



Jane Blair of ArtMatters returns to Carlisle for an informative and inspiring series on the Italian Renaissance and two influential renaissance men of different eras: Leonardo Da Vinci and Pablo Picasso. Wednesdays, 1:30pm, at St. Irene Church on the following dates. This series is free and open to the public.

### March 5: The Italian Renaissance

After almost 1,000 years of "Dark Ages," the genius of Leonardo Da Vinci and Michelangelo led the way for a "Rebirth" of learning, art and humanity. Join us for a look at their lives and work, and a discussion of the Italian Renaissance.

### March 12: Leonardo Da Vinci

One of the greatest painters in the world, Da Vinci was also a scientist, a chemist, a mathematician, an engineer, a designer of military equipment and strategist, a sculptor, a concert level musician, and an inventor. He was The Renaissance Man. Join us for a look into all the works of Leonardo Da Vinci and the vision that was his genius.

### March 19: Pablo Picasso

Picasso was undeniably the most successful and influential artist of the 20<sup>th</sup> Century. He was able to change his style so quickly, so completely, that he seemed like many different artists. There will be one era, one style, even a single painting, that will make you say, "I didn't know Picasso did that, I love that." Join us for a look at, and a discussion of, the many styles, expressions, loves and lives of the man at the heart of modern art.

Call the Library at (978) 369-4898 to register.  
Sponsored by the Friends of the COA Lee Milliken Fund and the Friends of the Gleason Public Library.

### CARLISLE COA OFFICE HOURS

Monday 9am - 5pm  
Tues - Thu 9am - 3pm  
Friday 9am - 1pm  
(978) 371-2895 Office  
(978) 371-6690 Van line  
(978) 371-6693 Director

### COA Staff

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## TRANSPORTATION

**Van Line Reservations: (978) 371-6690 or email [coaride@carlisle.mec.edu](mailto:coaride@carlisle.mec.edu)**



The COA transportation services are available to all senior and adult disabled Carlisle residents during regular COA hours of operation.

**DONATIONS/FEES\*:** Van rides within Carlisle and the Friday shopping trips-free; rides within 15 miles, suggested donation \$2, Van rides over 15 miles away \$5. \*Parking fees are the responsibility of the rider.

### Winter Weather/Snow Van Policy

If Carlisle schools are cancelled all classes and programs will be cancelled. The COA van will not run until at least 10am. If Carlisle Schools are delayed: All classes beginning before 10am will be cancelled. Call the COA for classes beginning 10am or later to see if they will be held or if you are unsure about a scheduled ride.

### Local grocery /Shopping trips

Join us every Friday morning at 9:00am for the **Free** Weekly Grocery Shopping Trip to the Market Basket in Westford. Call to make reservations (978) 371-6690. Van leaves VC at 9:00am.

### Van pick-up for the FRS monthly lunches

Village Court pickup at 11:15 and Congregational Church at 11:30. Please call the van line to confirm attendance.

**Medical appointments** Call at least 2 days in advance if possible. We do not provide medical rides to Boston or Cambridge at this time. Please call 911 for Emergency.

**NOTE:** *Please keep driveways and sidewalks clean of snow/ice and sand if necessary.*



## TRIPS

### Theatrical Happenings

#### Stoneham Theater "Something's Afoot"

Wednesday, March 12

Ticket price \$30.00. Lunch on your own at Felicias. \$2 van fee. Leave VC at 10:45am, CC 11:00am return around 4pm.

#### Newport Playhouse Lunch and Play

"My Husband's Wild Desire"

Wednesday April 9

Ticket price is \$49.95 unless we get a minimum of 15 people, price will then be \$46.00. \$5.00 van fee. Leave VC at 8:45am, CC 9:00am, return between 6-7pm.

Registration deadline is February 20.

If you would like to join us for either of these plays, register by calling Joanne Willens at (978) 371-8023. Make checks payable to Carlisle COA, due upon registration. *Correct change for van fee is greatly appreciated for all trips and rides.*

### Restaurant Reviews

Call Joanne Willens at (978) 371-8023 to register.

#### Glenview Pub & Grill

North Chelmsford

Monday, February 3



Glenview Pub & Grill offers a wide variety of hand-cut steaks and meats, fresh seafood, exceptional sauté dishes, homemade soup and chowder, sandwiches and old favorites like meatloaf and shepherd's pie. Register by January 27. \$2 van fee. Leave VC at 10:50 am, CC at 11:00 am, return around 2 pm.

#### The 99 Restaurant

333 Littleton Rd, Westford

Monday, March 3

Join us for lunch at the 99 Restaurant. Register by February 24. \$2 van fee. Leave VC at 10:50 am, CC at 11:00 am, return around 2 pm.



#### Boston Flower Show

Thursday, March 13

Come join one of our COA tour volunteers, Sandy McIlhenny, to the annual Boston Flower show. The theme this year is "Romance in the Gardens." Van leaves from CC at 9:30am and return home around 3:30pm. Tickets are \$20 and van fee is \$5. Lunch on your own at the show. **Reserve your spot now, call Sandy at (978) 369-9038.**



## FOOD COURT & Miscellaneous Activities



### Monthly Coffee

**Thursday, February 6, 9:00am**

Mingle with your neighbors at this relaxed, **FREE** coffee hour at the Sleeper Room at Village Ct. Coffee is hosted by Holly Salemy, Carolyn Shoheit and Donna MacMullan. Show up early as this event generally fills up quickly!

### Minuteman High School

**Tuesday, February 11, 11:45am**

Call the COA by Thursday, February 6 at noon to register. Choose from meals created with great care by the culinary arts students at Minuteman High School.

- Baked stuffed cranberry chicken.
- Broiled salmon filet
- Vegetarian meal based on seasonal vegetables along with starch, chef's choice.

**Cost:** \$10 plus tip, payable at school.

### Chelmsford Crossing/Minuteman Senior Lunch Wednesday February 5 at 12noon

Come to the Congregational Church for a delicious lunch cooked by Chelmsford Crossing and supported by Minuteman Senior Services. Lunch is hosted by Deb Pichulo and Pastor Weibley. Menu: Meatloaf wellington mushroom sauce, mashed potatoes, peas n carrots, dessert. Register at (978) 371-2895 by noon on Thursday, January 30. Please provide your menu choice.

**Following the lunch: "Food and Mood"** Ann Rosas of Senior Helpers will talk about how foods can affect your well-being. The talk outlines 4 neurochemicals that effect mood and what foods have a positive or negative effect on these neurochemicals. The talk includes shopping suggestions and meal recommendations. One take away from this lecture is that strawberries dipped in dark chocolate are a healthy snack!

*Next Chelmsford Crossing lunch Wed, March 5.*

### "SENIOR MOMENTS" at Ferns February 10 and 24 from 9:30-11am

A casual drop-in for Carlisle seniors 60+.

**FREE** goodies provided by the Carlisle COA. Start your morning off with good coffee, food and friends! Ferns gives a 10% discount to attendees for coffee. First come, first serve!

### Men's Breakfast

**Thursday, February 13 at 8am**



Held at the Sleeper Room at Village Court each month. Enjoy this generous, hearty breakfast prepared by volunteer chef Andy Cutter and helpers. Suggested donations: \$3 for Men's Breakfast.

### COA Lunch

### And Valentine Tea

**Thursday, February 20, 11:45am**

Please join us at FRS and enjoy the company of your senior friends and neighbors. This meal is run by our wonderful team of COA Volunteers headed by Verna Gilbert. The Tea portion hosted by the National Charity League Mothers and Daughters from Concord and Carlisle. Menu: tune, chicken and seafood salads with all the fixings to make sandwiches, pickles, chips, delicious desserts, a variety of tea and coffee. **If you are willing to make a dessert for this event, call the COA by February 13.** Suggested seniors donation: \$3. To register call the COA at (978) 371-2895 no later than noon on Monday, February 17. Shuttle available, see page 2. **Following the lunch:** COA volunteer, Congregational Church Pastor Steve Weibley will entertain us with a Valentine's program of romance and love songs from classical composers, concluding with a sing along of love songs over the years.

Our team of volunteers that work hard every month to provide you with a wonderful lunch! Natalie Ives, Alice Hardy, Jean Sain and Verna Gilbert.



**\*\*NOTE:** COA Lunches, Monthly Coffees, Mens and Womens Breakfasts, are sponsored in part by the Friends of Carlisle COA, the Council on Aging, and other private donations. If you are attending an event at the Sleeper Room at Village Court, please park on the street as parking in Village Court are for residents

## Outreach with Angela

**Happy New Year:** We hope that you will join us for some of our Exercise Programs in 2014. Now you may be able to increase your health (both body and mind) and save some \$\$ while doing it. The Council on Aging has many exercise choices. See adjoining page for a complete listing of our exercise classes!

The exciting news is that if you are on Medicare, Tufts and Blue Cross Medicare Advantage and Medigap cover \$150 towards health club or **COA Fitness classes**. If you are under 65 (we don't check your age and are thrilled when anyone 50 or older join us), check with your insurance carrier to see if you also may be reimbursed for COA classes. To find out more about our programs, please contact the COA at 978-371-2895.

*January 31<sup>st</sup> 2014 will mark the year of the Wood Horse. This will be a year of great energy and power for those who can grab hold and hang on. So grab on and get healthy with us!*

We look forward to spending time with you in 2014!

*Angela Smith, COA Outreach Coordinator*

## Community Events

### Community Conversations at Gleason Public Library

**February 4**

**Where and how will I live  
when I get really old?**

**Don Westwater, Financial Adviser at Waddell &  
Reed and former health care  
and policy researcher, Brandeis  
Hollis Room 1:30-2:30pm**

Modern western society has shunted its senior citizens to the sidelines. Unlike the good old days, most of us plan to live independently as long as possible. It can be helpful to examine our options while there are options. Putting off difficult discussions and decisions can result in financial and emotional strain on us, and possibly the children we're trying so hard to spare.

Join in a conversation on where and how we may live in the future, what it could cost, how our friends, our families and we could be affected, and what we can do now to prepare for what the future may bring. What will it mean to live in our own homes as long as possible? Then what? Might you or your children want to live with you, or you with them? Would you consider living in a retirement community? Could you afford one? Would you consider co-housing? Maybe with a group of friends? Move to Cape Cod? Florida? Guatemala?

**February 18**

**Mass Save Program Home Energy  
Assessments**

**Fred Schlicher, Next Step Living Community  
Program Manager  
Hollis Room 1:30-2:30pm**

Join us to learn how the no-cost Mass Save Home Energy Assessment can help you make your home more energy efficient, more comfortable and save you money. Your 2-3 hour Home Energy Assessment will install instant savings measures such as CFLs, low-flow shower heads and provide a 7-day programmable thermostat. Also an analysis of your home and recommendations on increasing your home's efficiency will be provided. Your Energy Specialist will discuss additional incentives covered by Mass Save such as:

- 75% off— up to \$2000—for qualifying insulation improvements
- No-cost, targeted air sealing
- 0% interest HEAT loan to assist with qualified energy-efficient improvements
- Significant rebates for high-efficiency heating and hot water equipment.



### **Caregiver Support Group**

**Hollis Room Gleason Public Library Monday, February 10, 3:30pm**

Anne Marie Rowse of Senior Care Advisors, will facilitate a free Caregiver Support Group for those caring for aging loved ones experiencing challenges, as well as information for family members or elders looking for health care information. For more information, email [amorowse@charter.net](mailto:amorowse@charter.net).

## FOR YOUR HEALTH



### EXERCISE CLASSES - Mind & Body

*NOTE: To sign up for the following programs, call the COA office at (978) 371-2895 (minimum # required). Stop in and try a class/day for free (except yoga)!*

#### Mondays Feb 3, 10, 24

**Intergenerational Tap starts again March 3! Sign up now! 1:30-2:30pm FRS Union Hall.** Everyone 12 & older.  
**Fee: \$25.00**

#### Tuesdays February 4, 11, 18, 25 St Irene

**Zumba-10:45—11:30am** Taught by Zumba Certified Instructor Katrina Rotondi. Fee: \$40 (Dec - Feb)  
**Tai Chi- 3:00pm** No registration required! An informal group of any age. Wear loose fitting clothing, soft soled shoes. Enjoy this **FREE** program!

#### Wednesdays February 5, 12, 26

**Yoga - 9:30 - 10:30am.** Beginning and continuing students will learn yoga techniques to reduce stress, improve concentration, and develop a healthy and strong body.  
**Chair Yoga- 10:45-11:45am.** An alternative to traditional yoga, which may be too challenging for certain individuals. Fee for Yoga classes: \$90 for 6 wks, \$30 for Carlisle seniors. Call (978) 369-9815. *Checks payable to Carlisle Recreation Dept. Classes held at St. Irene Church.*

#### Thursdays February 6, 13, 20, 27

**Fitness Class - 9:45am Clark Room at Town Hall** Great for all ability levels, may be done in a chair. Wear comfortable clothes, **Fee: \$40** (Dec - Feb)  
**Cardio-Boost Class - 10:45am Congregational Church.** A heart-healthy, aerobic-type workout. Bring hand weights and wear comfortable clothes, bring hand weights. **Fee: \$40**

#### Fridays February 7, 14, 21, 28

**SAMA-10:45am Clark Room at Town Hall.** (Senior Approach to Martial Arts) martial arts moves to help keep joints and minds flexible while increasing balance. 50+ welcome. Fee: **\$100/10wks.**

#### Monday-Friday, Inside Walking at Carlisle School Gym

**6:45-7:30am.** For security reasons the gym will not be left open. To walk you **MUST** call David Flannery (978) 371-2279 any time after 4:00pm the day before and before 5:00am of the day you want to walk. Gym is not open when there is no school, ice or new snow. Note: School closed for week of Feb 17th for the holiday.

### Free Blood Pressure Clinics

**Wednesday, February 5, 11:30am,**  
**Congregational Church, Chelmsford Crossing Lunch,** sponsored by COA volunteer.  
**Thursday, February 6, 9am Sleeper Room,** COA Coffee, sponsored by Life Care Center of Nashoba Valley.  
**Thursday, February 13, 8am, Sleeper Room,** Mens Breakfast, sponsored by Home Instead.  
**Thursday, February 20, 11:00am, COA monthly lunch,** FRS, sponsored by FCCOA and Emerson Home Care.  
**Monday, February 24, 10:00am, Ferns, Senior Moments,** sponsored by Right at Home.

#### Podiatry Clinic

Tuesday, March 4



#### Sleeper Room at Village Court

Call the COA (978) 371-2895 to make an appointment. **Cost:** \$20 (partially funded by Friends of the Carlisle COA). Checks made to Carlisle COA or cash; payable day of clinic. For Carlisle "60+ residents."

### **February Chuckle**

#### **Amish Man and the Elevator**

An Amish boy and his father were visiting a mall. They were amazed by almost everything they saw, but especially by two shiny silver walls that could move apart and then slide back together again. The boy asked, "what is this, Father?" The father, never having seen an elevator) responded, "Son, I have never seen anything like this in my life, I don't know what it is." While the boy and his father were watching with amazement, a older lady in a wheel chair rolled up to the moving walls and pressed a button. The walls opened and the lady rolled between them into a small room. The walls closed and the boy and his father watched the small circular numbers above the walls light up sequentially. They continued to watch until it reached the last number and then the numbers began to light in the reverse order. Finally the walls opened up again and a gorgeous 24 year old woman stepped out. The father, not taking his eyes off the young woman, said quietly to his son.. "Go get your mother."

# FEBRUARY 2014

SUN	MON	TUE	WED	THU	FRI	SAT
	NOTE: inside walking-M-F 6:45-7:30am Carlisle Public School.	<b>School closed 2/17-2/21. See page 5 for more information.</b>				1
2	3 Restaurant Review- Glenview Pub VC 10:50am, CC 11:00am	4 Poetry 10:30 Hollis Rm Zumba-10:45am St Irene Community Conversation 1:30 Where and How will I live when I get old, Hollis Rm Gleason Library Tai Chi-3:00pm St Irene	5 Yoga-9:30am Chair yoga 10:45am Chelmsford Crossing BP 11:30am, lunch 12 noon Congregational Church followed by Food & Mood, Ann Rosas of Senior Helpers	6 COA coffee & BP 9:00am Sleeper Rm Fitness - 9:45am Cardio - 10:45am	7 Grocery Shopping- VC 9am SAMA - 10:45am	8
9	10 Sr. Moments 9:30 Ferns Hair cuts on the go 9:30am Town Hall Book Club-10:15am Hollis Rm Care Givers Support 3:30pm Hollis Rm	11 Zumba-10:45am St Irene Minuteman Regional Tech Lunch 11:45am Tai Chi-3:00pm St Irene	12 Yoga-9:30am Chair yoga 10:45am Stoneham Theater "Something's Afoot" VC 10:45am, CC11:00am	13 Men's Breakfast & BP 8:00am Sleeper Room Fitness - 9:45am Cardio - 10:45am	14 Grocery Shopping - VC 9am SAMA -10:45am 	15
16	17 COA <b>CLOSED</b> Presidents Day 	18 Zumba-10:45am St Irene Community Conversation 1:30 Mass Save Program Home Energy Assessments Hollis Rm Tai Chi-3:00pm St Irene	19 <b>Mark your calendar for the Annual Spring Health Series!</b> 	20 Fitness - 9:45am Cardio - 10:45am COA Lunch and Valentine Tea - 11:45am FRS followed by music with Pastor Weibley, BP 11 KISS 7:30pm	21 Grocery Shopping- VC 9am SAMA - 10:45am	22
23	24 Sr. Moments 9:30 Ferns , BP 10:00am	25 Zumba-10:45am St Irene Tai Chi-3:00pm St Irene	26 Yoga-9:30am Chair yoga 10:45am	27 Fitness - 9:45am Cardio - 10:45am	28 Grocery Shopping- VC 9am SAMA - 10:45am	



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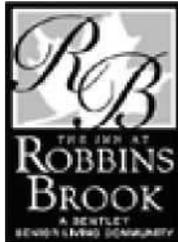
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## **Return Service Requested**



This newsletter is mailed in part with a grant from the Executive Office of Elder Affairs.  
Special thanks to the Friends of the Carlisle Council on Aging and the Concord Carlisle Community Chest for their support of COA programs and their assistance over the years.

### **Hair Cuts on the Go! March 10, Town Hall**



Suzanne Hickey and Georgia Triantafilles are coming to Town Hall and provide haircuts to the Seniors for \$10.50. Appointment is 15 minutes.

Call the COA at (978) 371-2895 for your appointment.  
Times range from 9:30am-11:30am.

### **Carlisle Community Book Club Monday, February 10, 10:15am Gleason Public Library Hollis Room**



We will be reading “Strength in What Remains” by Tracy Kidder. For information contact Mary Zoll, (978) 369-5236.

### **Need Some Help With Fuel Bills?**

Please contact the COA at (978) 371-2895 for a confidential appointment or to learn more.

## **Save the Date! Annual Spring Health Series**

The COA, Gleason Public Library, and Estelle Keast are planning our annual Spring Health Series. Here is a preview of what you can come, listen and learn:

**April 2, 7:00pm:** Neil Kruszkowski, Director of Cardiopulmonary/Neurology/Sleep Disorders for Emerson Hospital. Neil will discuss the elements and “architecture” of a “normal” night’s sleep.

**April 16, 1:30pm:** Dr. Lincoln Pinsky. Would you like to understand how to prevent a stroke or heart attack and know more about atrial fibrillation?

Learn more about keeping your heart healthy, medications and other interventions used, and terms you may encounter.

**April 30, 7:00 pm:** Dr. Andrea Richman will be discussing the important relationship between Oral Health and overall health.

All events will be held at the Gleason Public Library.  
Look for more information in the upcoming newsletters.